

SEND: Healthy Relationships

Course overview

Relationships are important in everyone's life but it's also important that they bring you happiness. This course will help you to understand the meaning of a 'healthy relationships' and recognise when a relationship isn't good for you and what you can do about it.

What will I study?

You will:

- Discuss what is meant by 'healthy relationships'
- Explore what makes a relationship healthy
- Learn how to recognise when a relationship isn't working
- Discuss and role play how to move away from an unhealthy relationship

Assessment method

- Take part in classroom activities and role plays
- Take part in Q&A sessions and short discussions to confirm your understanding
- Your tutor will give you verbal and written feedback throughout the course

Entry requirements

- Be able to participate in class activities
- Be able to work with others
- Be able to follow instructions

What should I bring with me?

An A4 folder, A4 notepad and a pen.

Key information

Where possible this course will take place on site with social distancing measures in place. In the event of a lockdown, the course will take place online via MS Teams or via a remote learning pack.

Possible next steps

Following the successful completion of this course, you will be supported to enroll on to other courses suitable for you such as Personal Development through Drama, Relationships & Boundaries or other Health or Life Skills courses available at the college.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk

call: 020 8270 4722

